

# FINAL RESULTS

SHAWNIGAN LAKE, BC July 7, 2007  
REGULAR COURSE



## SORTED BY OVERALL TIME

Bib #	Team Name	Cat	Team Name and Home	Kayak	Bike Stage with River Crossing, River Run, and Lake Swim	Orienteering Stage Time	Finish Time	Penalty Time	Total Time	Comments
248	Team Helly Hansen / MOMAR	2M	Todd Nowack (Victoria, BC), Gary Robbins (Squamish, BC)	0:49:42	2:07:13	1:06:12	4:03:07		4:03:07	
236	Don't do anything stupid!	2M	Garth Campbell (Victoria, BC), Shane Ruljancich (Victoria, BC)	0:57:13	2:19:20	1:28:27	4:45:00		4:45:00	
69	Frontrunners	1M	Normon Thibault (Nanaimo, BC)	0:57:20	2:03:45	1:52:32	4:53:37		4:53:37	
252	Warmland Dental	2M	Tom Roozandaal (Duncan, BC), James Luxmoore (Duncan, BC)	0:52:44	2:12:12	2:10:16	5:15:12		5:15:12	
202	Cowichan Bay Kayaks / Code3Racing	2C	Adrian LaSalle-Lowe (Squamish, BC), Jen Segger-Gigg (Garibaldi Highlands, BC)	0:52:39	2:22:55	1:54:26	5:10:00	0:20:00	5:30:00	
47	Team Elm	1F	Sarah Seeds (Courtenay, BC)	1:09:10	2:45:56	1:22:48	5:17:54	0:20:00	5:37:54	
240	Manny's	2M	Michael DuBois (Seattle, WA), Chip Palzer (Seattle, WA)	0:56:56	3:05:39	1:36:59	5:39:34		5:39:34	
46	Team Helly Hansen / MOMAR	1F	Megan Rose (Whistler, BC)	1:12:22	2:31:35	2:19:45	6:03:42		6:03:42	
213	Ren 'n' Linpy	2C	Linda Morden (Cobble Hill, BC), Colin Rennie (Parksville, BC)	0:58:45	2:51:13	2:14:19	6:04:17		6:04:17	
246	Sandmann Inn	2M	Wes white (Duncan, BC), Jason Ware (Shawnigan Lake, BC)	1:00:05	2:46:12	2:18:00	6:04:17		6:04:17	
225	Eat Our Dirt (EOD)	2C	Tiffany Gregg (Corvallis, OR), Cory Soulliard (Corvallis, OR)	1:05:18	2:51:07	2:10:17	6:06:42		6:06:42	
253	Weekend Warriors	2M	Allen Gage (Victoria, BC), Tom Kelly (North Vancouver, BC)	0:57:02	3:04:08	2:07:01	6:08:11		6:08:11	
50		1M	John Bjornson (Victoria, BC)	1:05:21	3:00:09	2:04:21	6:09:51		6:09:51	
234	At a Medium Pace	2M	Terry Finlay (Shawnigan Lake, BC), Steve Kruk (Shawnigan Lake, BC)	0:58:55	3:27:00	1:44:23	6:10:18		6:10:18	
238	Flaming Moe	2M	Paul Hooper (Victoria, BC), Adam Lawrence (Victoria, BC)	1:00:31	3:23:06	1:48:05	6:11:42		6:11:42	
255	Your Nothing With Out Me	2M	Ryan Koenig (North Vancouver, BC), Ryan McMurray (Port Moody, BC)	1:02:13	3:03:42	1:45:48	5:51:43	0:20:00	6:11:43	
62		1M	Oscar Gustafson (Vancouver, BC)	1:04:10	3:39:05	1:24:10	6:07:25	0:05:00	6:12:25	
233	Amino Vital	2M	Wil Lim (Port Alberni, BC), Andy Quinn (, BC)	0:58:58	3:27:35	1:46:57	6:13:30		6:13:30	
222	Where's My Sherpa	2C	Michelle Steel (Ladysmith, BC), Randy Steel (Ladysmith, BC)	0:59:22	3:11:43	1:42:32	5:53:37	0:20:00	6:13:37	

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220	Tim Won't Race with Me	2C	Jane McCarney (Vancouver, BC), Marshall House (Delta, BC)	0:57:09	3:27:16	1:53:44	<b>6:18:09</b>		<b>6:18:09</b>	
245	Royd Rage	2M	Nick Hastie (Victoria, BC), Rob Dibden (Victoria, BC)	0:53:06	3:03:04	2:12:01	<b>6:08:11</b>	0:20:00	<b>6:28:11</b>	
54		1M	Peter Christensen (Victoria, BC)	1:08:32	3:18:50	2:01:24	<b>6:28:46</b>		<b>6:28:46</b>	
66		1M	Curtis LaBounty (Lantzville, BC)	1:14:08	3:06:34	2:08:05	<b>6:28:47</b>		<b>6:28:47</b>	
237	Dun Dudes 42	2M	Ian Beveridge (Victoria, BC), Mathis Stoeckle (Victoria, BC)	0:57:42	3:22:20	2:08:47	<b>6:28:49</b>		<b>6:28:49</b>	
242	MEC#2	2M	Nigel Brown (Victoria, BC), Corey St.Luke (Victoria, BC)	0:55:30	2:55:28	2:37:55	<b>6:28:53</b>		<b>6:28:53</b>	
212	Power to Be	2C	Jordie Allen-Newman (Victoria, BC), Leigh Anne Isaac (Victoria, BC)	0:56:44	3:13:51	2:18:28	<b>6:29:03</b>		<b>6:29:03</b>	
203	Dartos II	2C	Brenda Akerley (North Vancouver, BC), Derek Read (New Westminster, BC)	1:04:59	3:17:36	2:06:31	<b>6:29:06</b>		<b>6:29:06</b>	
68		1M	braeden lord (vancouver, BC)	1:05:40	3:17:15	2:06:23	<b>6:29:18</b>		<b>6:29:18</b>	
230	Team Paddle Puffs	2F	Dawn Schaller (Victoria, BC), Robyn Willow (victoria, BC)	0:59:09	3:27:17	2:02:57	<b>6:29:23</b>		<b>6:29:23</b>	
235	CityBurb.com	2M	Lenny Nelson (Boise, ID), Alfie La Peter (Eagle, ID)	1:04:00	3:35:27	1:51:15	<b>6:30:42</b>		<b>6:30:42</b>	
250	The Fallopian Swim Team	2M	Randy Beggs (Duncan, BC), Griffin Halme (Duncan, BC)	0:58:30	3:09:25	2:22:57	<b>6:30:52</b>		<b>6:30:52</b>	
256	Team twofivesix	2M	Casey Jones (Sidney, BC), Brad Cownden (Victoria, BC)	0:58:25	3:45:35	1:52:30	<b>6:36:30</b>		<b>6:36:30</b>	
56		1M	Michael Davidson (Sidney, BC)	1:01:36	3:00:51	2:16:06	<b>6:18:33</b>	0:25:00	<b>6:43:33</b>	
214	russ hays	2C	Lori Hitchcox (victoria, BC), dan korolyk (victoria, BC)	1:06:56	3:33:01	1:47:16	<b>6:27:13</b>	0:20:00	<b>6:47:13</b>	
204	DeuceJuice	2C	Lana Allen (Vancouver, BC), Sacha Levandusky (Vancouver, BC)	1:01:13	3:32:38	2:14:32	<b>6:48:23</b>	0:00:05	<b>6:48:28</b>	
71		1M	Clayton Webb (Victoria, BC)	1:07:08	3:33:22	2:11:04	<b>6:51:34</b>		<b>6:51:34</b>	
249	Team Steam	2M	Tyler Knox (West Point, NY), Roman Newell (West Point, NY)	1:14:05	3:04:55	2:33:50	<b>6:52:50</b>		<b>6:52:50</b>	
423	Sans slow, con Fast	4C	Barry Duplantis (Victoria, BC), Robyn Evans (Victoria, BC), Trevor Lang (Victoria, BC), Ron Lang (Abbotsford, BC)	1:06:05	3:06:20	2:16:50	<b>6:29:15</b>	0:25:00	<b>6:54:15</b>	
218	The Apples	2C	Billy Adams (Vancouver, BC), Heather Macintosh (Vancouver, BC)	0:59:12	3:10:58	2:08:14	<b>6:18:24</b>	0:40:00	<b>6:58:24</b>	
209	Mixed Nuts	2C	Jasmin Fredette (Victoria, BC), Sonja Yli-Kahila (Victoria, BC)	1:00:45	3:47:41	2:10:09	<b>6:58:35</b>		<b>6:58:35</b>	
59		1M	dave ferguson (Duncan, BC)	1:09:40	3:45:11	1:45:03	<b>6:39:54</b>	0:20:00	<b>6:59:54</b>	
51	Hangovermountain	1M	John Briant (Nanaimo, BC)	1:06:41	3:33:56	1:59:46	<b>6:40:23</b>	0:20:00	<b>7:00:23</b>	
61		1M	Petar Georgyev (Prince George,, BC)	1:09:55	3:28:25	2:03:23	<b>6:41:43</b>	0:20:00	<b>7:01:43</b>	

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219	The Slakes	2C	Phil Kornachuk (Lacey, WA), Tana Kornachuk (Lacey, WA)	1:07:22	3:37:00	2:18:37	<b>7:02:59</b>		<b>7:02:59</b>	
49		1M	Keith Ainsley (Vancouver, BC)	1:13:40	3:10:38	1:39:25	<b>6:03:43</b>	1:00:00	<b>7:03:43</b>	
426	The Yes Maggots	4C	David Garrison (Victoria, BC), Jude Isabella (Victoria, BC), Melissa Ngawa (Victoria, BC), Tobin Stokes (Victoria, BC)	1:11:17	3:54:13	2:00:30	<b>7:06:00</b>		<b>7:06:00</b>	
70		1M	Todd Smith (Victoria, BC)	1:10:30	3:26:05	1:50:40	<b>6:27:15</b>	0:40:00	<b>7:07:15</b>	
52		1M	Martin Buhr (Seattle, WA)	1:01:45	3:55:48	2:10:12	<b>7:07:45</b>		<b>7:07:45</b>	
221	We're Lost 2	2C	Brent Chan (Saanichton, BC), Sarah Newman (Port Coquitlam, BC)	1:04:16	3:22:23	1:41:48	<b>6:08:27</b>	1:00:00	<b>7:08:27</b>	
41		1F	Verna Buhler (Cowichan Bay, BC)	1:07:34	3:31:36	1:50:42	<b>6:29:52</b>	0:40:00	<b>7:09:52</b>	
241	MEC #1	2M	JP Dunlop (Sooke, BC), Dan Tresidder (Victoria, BC)	1:00:10	2:41:52	2:50:06	<b>6:32:08</b>	0:40:00	<b>7:12:08</b>	
430	Valley Health & Fitness	4M	Jim Brandsma (Cobble Hill, BC), Rob Elias (Shawnigan Lake, BC), Fred Swan (Duncan, BC), Kevin Visscher (Duncan, BC)	1:07:56	3:49:22	2:16:06	<b>7:13:24</b>		<b>7:13:24</b>	
224	Are We There Yet?	2F	Nina Brown (Mill Bay, BC), Caroline Kirman (Shawnigan Lake, BC)	1:01:02	3:34:34	2:01:44	<b>6:37:20</b>	0:40:00	<b>7:17:20</b>	
60		1M	Fredrick Franklin (Tonasket, WA)	1:15:27	3:20:44	1:42:52	<b>6:19:03</b>	1:00:00	<b>7:19:03</b>	
43		1F	Meigel Lund (Victoria, BC)	1:01:25	3:22:22	1:55:23	<b>6:19:10</b>	1:00:00	<b>7:19:10</b>	
244	Old enough to know better	2M	Lang Evans (Vancouver, BC), Dave Small (Victoria, BC)	1:02:26	4:02:24	1:54:22	<b>6:59:12</b>	0:20:00	<b>7:19:12</b>	
215	Pink Handcuffs	2F	Margo Downey (Victoria, BC), Devon Wilby (Shawnigan Lake, BC)	1:11:27	4:04:54	2:06:42	<b>7:23:03</b>		<b>7:23:03</b>	
243	Mountain Getting the Better of Us	2M	Marc LeBlanc (Vancouver, BC), Derek Oelmann (Victoria, BC)	1:02:53	3:31:57	2:51:27	<b>7:26:17</b>		<b>7:26:17</b>	
53		1M	David Carr (Vancouver, BC)	1:06:51	3:27:07	2:52:36	<b>7:26:34</b>		<b>7:26:34</b>	
206	Hosed Monkeys	2C	Wade Eddy (Surrey, BC), Kristi Storey (Surrey, BC)	1:06:45	3:25:14	2:54:35	<b>7:26:34</b>		<b>7:26:34</b>	
217	The 50% Virgins	2C	Roger Benetti (White Rock, BC), Lori Gibbings (Surrey, BC)	1:00:51	4:16:40	2:09:37	<b>7:27:08</b>		<b>7:27:08</b>	
254	Will Power	2M	Derrick Georgeson (Nanaimo, BC), Emmanuel Lint (Nanaimo, BC)	0:55:02	3:06:31	2:08:52	<b>6:10:25</b>	1:20:00	<b>7:30:25</b>	
205	Doin' It For The Beer	2C	Gillian Duffy (Victoria, BC), Jason Hannula (Victoria, BC)	1:08:51	3:55:34	2:31:45	<b>7:36:10</b>		<b>7:36:10</b>	
64	Bike Over Teakettle	1M	Geoff Huenemann (Vancouver, BC)	0:59:59	3:18:56	2:34:07	<b>6:53:02</b>	0:45:00	<b>7:38:02</b>	
425	Team Fourever Lost	4C	Tony Dellaviola (Victoria, BC), Janice Heckl (Victoria, BC), Kathy Moore (Victoria, BC), Stuart Moore (Victoria, BC)	1:13:15	4:13:32	1:54:12	<b>7:20:59</b>	0:20:00	<b>7:40:59</b>	
223	Who's Bright Idea	2C	Lisa Hughes (Cobble Hill, BC), Devin Fisher (Cobble Hill, BC)	1:04:24	4:22:23	2:18:08	<b>7:44:55</b>		<b>7:44:55</b>	

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428	Proud Mountains	4F	Tanya Soroka (Ladysmith, BC), Joanna Lord (Duncan, BC), Maggie Soroka (Campbell River, BC), Sarah Thomas (Campbell River, BC)	1:08:24	4:20:08	2:17:58	<b>7:46:30</b>		<b>7:46:30</b>	
228	On the Side of the Road	2F	Leslie Ng (Vancouver, BC), Susan Spruston (Vancouver, BC)	1:08:13	3:58:14	2:15:53	<b>7:22:20</b>	0:25:00	<b>7:47:20</b>	
421	Hardman's 4	4C	Paul Hardman (shawnigan lake, BC), gregg wiltshire (salt spring island, BC), Adam Franklin (west vancouver, BC), deborah woodley (west vancouver, BC)	1:05:33	4:45:52	1:36:00	<b>7:27:25</b>	0:20:00	<b>7:47:25</b>	
231	Thing 1 & Thing 2	2F	Mary Beck (Vancouver, BC), Susan Edmison (Vancouver, BC)	1:11:10	4:16:01	2:04:15	<b>7:31:26</b>	0:20:00	<b>7:51:26</b>	
227	Hot chick and a sidekick	2F	Breanna Loster (Victoria, BC), Erin Van de Water (Victoria, BC)	1:05:42	3:49:53	2:36:10	<b>7:31:45</b>	0:20:00	<b>7:51:45</b>	
44	A Fine Pair	1F	Donna Macintosh (North Vancouver, BC)	1:22:29	3:40:46	1:49:53	<b>6:53:08</b>	1:00:00	<b>7:53:08</b>	
429	Sisterhood of the Travelling Paddles	4F	Denise Jasienczyk (North Vancouver, BC), Wendy Pollock (North Vancouver, BC), Teresa Ross (North Vancouver, BC), Jennifer Stanick (North Vancouver, BC)	1:00:56	4:15:41	1:59:19	<b>7:15:56</b>	0:40:00	<b>7:55:56</b>	
207	K&R Express	2C	Kim Burchby (Vancouver, BC), Ryan Thompson (Vancouver, BC)	0:52:55	4:22:40	2:31:10	<b>7:46:45</b>	0:20:00	<b>8:06:45</b>	
232	triharder meets BC	2F	Robyn Smith (Vancouver, BC), Angela Lin (Toronto, ON)	1:12:09	3:47:28	2:47:09	<b>7:46:46</b>	0:20:00	<b>8:06:46</b>	
247	Static Charge	2M	Grant Dybdal (Victoria, BC), Jason Mackenzie (Victoria, BC)	1:27:30	4:20:15	1:54:10	<b>7:41:55</b>	0:40:00	<b>8:21:55</b>	
210	Molasses	2C	Stu Kenning (Nanaimo, BC), Tessa Marren (Nanaimo, BC)	1:06:00	3:52:53	2:03:17	<b>7:02:10</b>	1:20:00	<b>8:22:10</b>	
229	Reckless Cycles	2F	Allison Sum (Victoria, BC), Laura Jackson (Victoria, BC)	1:18:20	3:59:15	3:09:12	<b>8:26:47</b>		<b>8:26:47</b>	
211	Newbies	2C	Kate Johnson (Shawnigan Lake, BC), Jeff Wright (Shawnigan Lake, BC)	1:15:54	4:14:54	2:38:16	<b>8:09:04</b>	0:20:00	<b>8:29:04</b>	
226	Holeshot & Rush	2F	Dodie Cox (Victoria, BC), Catherine Hamilton (Victoria, BC)	1:05:54	3:47:11	2:42:41	<b>7:35:46</b>	1:05:00	<b>8:40:46</b>	
422	Ragged Pro	4C	Marlo Roller (Victoria, BC), Leah Clarke (Victoria, BC), Kevin Hall (Victoria, BC), Dawn Moon (Saanichton, BC)	1:11:34	4:28:33	1:42:37	<b>7:22:44</b>	1:20:00	<b>8:42:44</b>	
239	Fox and Wolf	2M	Alan Sauvage (Bellevue, WA), Doug Sauvage (Bellevue, WA)	1:10:09	4:28:13	2:25:58	<b>8:04:20</b>	0:40:00	<b>8:44:20</b>	
200	Circles are the best!	2C	Ryan McRonald (Victoria, BC), Renata Troc (Victoria, BC)	1:10:58	4:50:27	1:34:25	<b>7:35:50</b>	1:20:00	<b>8:55:50</b>	

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58		1M	Eldon Erickson (White Rock, BC)	1:10:16	4:37:16	1:14:33	<b>7:02:05</b>	2:00:00	<b>9:02:05</b>	
216	Team AA	2C	Adam Best (North Vancouver, BC), Alanna Ebl (North Vancouver, BC)	1:07:29	4:49:38	2:06:08	<b>8:03:15</b>	1:00:00	<b>9:03:15</b>	
201	Commandoughs	2C	Dan McNamara (Seattle, WA), Jill Purcell (Seattle, WA)	1:07:56	4:57:53	1:37:31	<b>7:43:20</b>	1:20:00	<b>9:03:20</b>	
63		1M	Dan Hudson (Nanaimo, BC)	1:08:57	4:45:06	2:20:45	<b>8:14:48</b>	1:00:00	<b>9:14:48</b>	
251	The Zone @ 91.3 - Don't Judge Us	2M	Sheldon Hovde (Victoria, BC), James Sutton (Victoria, BC)	1:11:44	4:16:16	1:58:46	<b>7:26:46</b>	2:00:00	<b>9:26:46</b>	
424	Stick a fork in us....	3C	Adam Geddes (Vancouver, BC), Colin Geddes (victoria, BC), Tyler Thomas (victoria, BC)	1:06:10	2:55:10	1:48:25	<b>5:49:45</b>		<b>5:49:45</b>	Raced Unranked as a team of 3
427	Froot Loops	4F	Leah Tennent-Bell (Victoria, BC), Angela Collyer (Ladysmith, BC), Stephanie Carter (Victoria, BC), Sabrina Macleod (Victoria, BC)	1:25:50	6:01:07		<b>DNF</b>		<b>DNF</b>	Lost in the woods
45		1F	Renee Miller (Victoria, BC)	1:28:32			<b>DNF</b>		<b>DNF</b>	Lost in the woods

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## RESULTS SORTED BY CATEGORY

Bib #	Team Name	Cat	Team Name and Home	Kayak	Bike Stage with River Crossing, River Run, and Lake Swim	Orienteering Stage Time	Finish Time	Penalty Time	Total Time	Comments
47	Team Elm	1F	Sarah Seeds (Courtenay, BC)	1:09:10	2:45:56	1:22:48	5:17:54	0:20:00	5:37:54	
46	Team Helly Hansen / MOMAR	1F	Megan Rose (Whistler, BC)	1:12:22	2:31:35	2:19:45	6:03:42		6:03:42	
41		1F	Verna Buhler (Cowichan Bay, BC)	1:07:34	3:31:36	1:50:42	6:29:52	0:40:00	7:09:52	
43		1F	Meigel Lund (Victoria, BC)	1:01:25	3:22:22	1:55:23	6:19:10	1:00:00	7:19:10	
44	A Fine Pair	1F	Donna Macintosh (North Vancouver, BC)	1:22:29	3:40:46	1:49:53	6:53:08	1:00:00	7:53:08	
45		1F	Renee Miller (Victoria, BC)	1:28:32			DNF		DNF	Lost in the woods
69	Frontrunners	1M	Normon Thibault (Nanaimo, BC)	0:57:20	2:03:45	1:52:32	4:53:37		4:53:37	
50		1M	John Bjornson (Victoria, BC)	1:05:21	3:00:09	2:04:21	6:09:51		6:09:51	
62		1M	Oscar Gustafson (Vancouver, BC)	1:04:10	3:39:05	1:24:10	6:07:25	0:05:00	6:12:25	
54		1M	Peter Christensen (Victoria, BC)	1:08:32	3:18:50	2:01:24	6:28:46		6:28:46	
66		1M	Curtis LaBounty (Lantzville, BC)	1:14:08	3:06:34	2:08:05	6:28:47		6:28:47	
68		1M	braeden lord (vancouver, BC)	1:05:40	3:17:15	2:06:23	6:29:18		6:29:18	
56		1M	Michael Davidson (Sidney, BC)	1:01:36	3:00:51	2:16:06	6:18:33	0:25:00	6:43:33	
71		1M	Clayton Webb (Victoria, BC)	1:07:08	3:33:22	2:11:04	6:51:34		6:51:34	
59		1M	dave ferguson (Duncan, BC)	1:09:40	3:45:11	1:45:03	6:39:54	0:20:00	6:59:54	
51	Hangovermountain	1M	John Briant (Nanaimo, BC)	1:06:41	3:33:56	1:59:46	6:40:23	0:20:00	7:00:23	
61		1M	Petar Georgyev (Prince George,, BC)	1:09:55	3:28:25	2:03:23	6:41:43	0:20:00	7:01:43	
49		1M	Keith Ainsley (Vancouver, BC)	1:13:40	3:10:38	1:39:25	6:03:43	1:00:00	7:03:43	
70		1M	Todd Smith (Victoria, BC)	1:10:30	3:26:05	1:50:40	6:27:15	0:40:00	7:07:15	
52		1M	Martin Buhr (Seattle, WA)	1:01:45	3:55:48	2:10:12	7:07:45		7:07:45	
60		1M	Fredrick Franklin (Tonasket, WA)	1:15:27	3:20:44	1:42:52	6:19:03	1:00:00	7:19:03	
53		1M	David Carr (Vancouver, BC)	1:06:51	3:27:07	2:52:36	7:26:34		7:26:34	
64	Bike Over Teakettle	1M	Geoff Huenemann (Vancouver, BC)	0:59:59	3:18:56	2:34:07	6:53:02	0:45:00	7:38:02	
58		1M	Eldon Erickson (White Rock, BC)	1:10:16	4:37:16	1:14:33	7:02:05	2:00:00	9:02:05	
63		1M	Dan Hudson (Nanaimo, BC)	1:08:57	4:45:06	2:20:45	8:14:48	1:00:00	9:14:48	
202	Cowichan Bay Kayaks / Code3Racing	2C	Adrian LaSalle-Lowe (Squamish, BC), Jen Segger-Gigg (Garibaldi Highlands, BC)	0:52:39	2:22:55	1:54:26	5:10:00	0:20:00	5:30:00	
213	Ren 'n' Linpy	2C	Linda Morden (Cobble Hill, BC), Colin Rennie (Parksville, BC)	0:58:45	2:51:13	2:14:19	6:04:17		6:04:17	
225	Eat Our Dirt (EOD)	2C	Tiffany Gregg (Corvallis, OR), Cory Soulliard (Corvallis, OR)	1:05:18	2:51:07	2:10:17	6:06:42		6:06:42	

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222	Where's My Sherpa	2C	Michelle Steel (Ladysmith, BC), Randy Steel (Ladysmith, BC)	0:59:22	3:11:43	1:42:32	<b>5:53:37</b>	0:20:00	<b>6:13:37</b>	
220	Tim Won't Race with Me	2C	Jane McCarney (Vancouver, BC), Marshall House (Delta, BC)	0:57:09	3:27:16	1:53:44	<b>6:18:09</b>		<b>6:18:09</b>	
212	Power to Be	2C	Jordie Allen-Newman (Victoria, BC), Leigh Anne Isaac (Victoria, BC)	0:56:44	3:13:51	2:18:28	<b>6:29:03</b>		<b>6:29:03</b>	
203	Dartos II	2C	Brenda Akerley (North Vancouver, BC), Derek Read (New Westminster, BC)	1:04:59	3:17:36	2:06:31	<b>6:29:06</b>		<b>6:29:06</b>	
214	russ hays	2C	Lori Hitchcox (victoria, BC), dan korolyk (victoria, BC)	1:06:56	3:33:01	1:47:16	<b>6:27:13</b>	0:20:00	<b>6:47:13</b>	
204	DeuceJuice	2C	Lana Allen (Vancouver, BC), Sacha Levandusky (Vancouver, BC)	1:01:13	3:32:38	2:14:32	<b>6:48:23</b>	0:00:05	<b>6:48:28</b>	
218	The Apples	2C	Billy Adams (Vancouver, BC), Heather Macintosh (Vancouver, BC)	0:59:12	3:10:58	2:08:14	<b>6:18:24</b>	0:40:00	<b>6:58:24</b>	
209	Mixed Nuts	2C	Jasmin Fredette (Victoria, BC), Sonja Yli-Kahila (Victoria, BC)	1:00:45	3:47:41	2:10:09	<b>6:58:35</b>		<b>6:58:35</b>	
219	The Slakes	2C	Phil Kornachuk (Lacey, WA), Tana Kornachuk (Lacey, WA)	1:07:22	3:37:00	2:18:37	<b>7:02:59</b>		<b>7:02:59</b>	
221	We're Lost 2	2C	Brent Chan (Saanichton, BC), Sarah Newman (Port Coquitlam, BC)	1:04:16	3:22:23	1:41:48	<b>6:08:27</b>	1:00:00	<b>7:08:27</b>	
206	Hosed Monkeys	2C	Wade Eddy (Surrey, BC), Kristi Storey (Surrey, BC)	1:06:45	3:25:14	2:54:35	<b>7:26:34</b>		<b>7:26:34</b>	
217	The 50% Virgins	2C	Roger Benetti (White Rock, BC), Lori Gibbings (Surrey, BC)	1:00:51	4:16:40	2:09:37	<b>7:27:08</b>		<b>7:27:08</b>	
205	Doin' It For The Beer	2C	Gillian Duffy (Victoria, BC), Jason Hannula (Victoria, BC)	1:08:51	3:55:34	2:31:45	<b>7:36:10</b>		<b>7:36:10</b>	
223	Who's Bright Idea	2C	Lisa Hughes (Cobble Hill, BC), Devin Fisher (Cobble Hill, BC)	1:04:24	4:22:23	2:18:08	<b>7:44:55</b>		<b>7:44:55</b>	
207	K&R Express	2C	Kim Burchby (Vancouver, BC), Ryan Thompson (Vancouver, BC)	0:52:55	4:22:40	2:31:10	<b>7:46:45</b>	0:20:00	<b>8:06:45</b>	
210	Molasses	2C	Stu Kenning (Nanaimo, BC), Tessa Marren (Nanaimo, BC)	1:06:00	3:52:53	2:03:17	<b>7:02:10</b>	1:20:00	<b>8:22:10</b>	
211	Newbies	2C	Kate Johnson (Shawnigan Lake, BC), Jeff Wright (Shawnigan Lake, BC)	1:15:54	4:14:54	2:38:16	<b>8:09:04</b>	0:20:00	<b>8:29:04</b>	
200	Circles are the best!	2C	Ryan McDonald (Victoria, BC), Renata Troc (Victoria, BC)	1:10:58	4:50:27	1:34:25	<b>7:35:50</b>	1:20:00	<b>8:55:50</b>	
216	Team AA	2C	Adam Best (North Vancouver, BC), Alanna Ebl (North Vancouver, BC)	1:07:29	4:49:38	2:06:08	<b>8:03:15</b>	1:00:00	<b>9:03:15</b>	
201	Commandoughs	2C	Dan McNamara (Seattle, WA), Jill Purcell (Seattle, WA)	1:07:56	4:57:53	1:37:31	<b>7:43:20</b>	1:20:00	<b>9:03:20</b>	
230	Team Paddle Puffs	2F	Dawn Schaller (Victoria, BC), Robyn Willow (victoria, BC)	0:59:09	3:27:17	2:02:57	<b>6:29:23</b>		<b>6:29:23</b>	

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224	Are We There Yet?	2F	Nina Brown (Mill Bay, BC), Caroline Kirman (Shawnigan Lake, BC)	1:01:02	3:34:34	2:01:44	<b>6:37:20</b>	0:40:00	<b>7:17:20</b>	
215	Pink Handcuffs	2F	Margo Downey (Victoria, BC), Devon Wilby (Shawnigan Lake, BC)	1:11:27	4:04:54	2:06:42	<b>7:23:03</b>		<b>7:23:03</b>	
228	On the Side of the Road	2F	Leslie Ng (Vancouver, BC), Susan Spruston (Vancouver, BC)	1:08:13	3:58:14	2:15:53	<b>7:22:20</b>	0:25:00	<b>7:47:20</b>	
231	Thing 1 & Thing 2	2F	Mary Beck (Vancouver, BC), Susan Edmison (Vancouver, BC)	1:11:10	4:16:01	2:04:15	<b>7:31:26</b>	0:20:00	<b>7:51:26</b>	
227	Hot chick and a sidekick	2F	Breanna Loster (Victoria, BC), Erin Van de Water (Victoria, BC)	1:05:42	3:49:53	2:36:10	<b>7:31:45</b>	0:20:00	<b>7:51:45</b>	
232	triharder meets BC	2F	Robyn Smith (Vancouver, BC), Angela Lin (Toronto, ON)	1:12:09	3:47:28	2:47:09	<b>7:46:46</b>	0:20:00	<b>8:06:46</b>	
229	Reckless Cycles	2F	Allison Sum (Victoria, BC), Laura Jackson (Victoria, BC)	1:18:20	3:59:15	3:09:12	<b>8:26:47</b>		<b>8:26:47</b>	
226	Holeshot & Rush	2F	Dodie Cox (Victoria, BC), Catherine Hamilton (Victoria, BC)	1:05:54	3:47:11	2:42:41	<b>7:35:46</b>	1:05:00	<b>8:40:46</b>	
<b>248</b>	<b>Team Helly Hansen / MOMAR</b>	<b>2M</b>	<b>Todd Nowack (Victoria, BC), Gary Robbins (Squamish, BC)</b>	<b>0:49:42</b>	<b>2:07:13</b>	<b>1:06:12</b>	<b>4:03:07</b>		<b>4:03:07</b>	
236	Don't do anything stupid!	2M	Garth Campbell (Victoria, BC), Shane Ruljancich (Victoria, BC)	0:57:13	2:19:20	1:28:27	<b>4:45:00</b>		<b>4:45:00</b>	
252	Warmland Dental	2M	Tom Roozandaal (Duncan, BC), James Luxmoore (Duncan, BC)	0:52:44	2:12:12	2:10:16	<b>5:15:12</b>		<b>5:15:12</b>	
240	Manny's	2M	Michael DuBois (Seattle, WA), Chip Palzer (Seattle, WA)	0:56:56	3:05:39	1:36:59	<b>5:39:34</b>		<b>5:39:34</b>	
246	Sandmann Inn	2M	Wes white (Duncan, BC), Jason Ware (Shawnigan Lake, BC)	1:00:05	2:46:12	2:18:00	<b>6:04:17</b>		<b>6:04:17</b>	
253	Weekend Warriors	2M	Allen Gage (Victoria, BC), Tom Kelly (North Vancouver, BC)	0:57:02	3:04:08	2:07:01	<b>6:08:11</b>		<b>6:08:11</b>	
234	At a Medium Pace	2M	Terry Finlay (Shawnigan Lake, BC), Steve Kruk (Shawnigan Lake, BC)	0:58:55	3:27:00	1:44:23	<b>6:10:18</b>		<b>6:10:18</b>	
238	Flaming Moe	2M	Paul Hooper (Victoria, BC), Adam Lawrence (Victoria, BC)	1:00:31	3:23:06	1:48:05	<b>6:11:42</b>		<b>6:11:42</b>	
255	Your Nothing With Out Me	2M	Ryan Koenig (North Vancouver, BC), Ryan McMurray (Port Moody, BC)	1:02:13	3:03:42	1:45:48	<b>5:51:43</b>	0:20:00	<b>6:11:43</b>	
233	Amino Vital	2M	Wil Lim (Port Alberni, BC), Andy Quinn (, BC)	0:58:58	3:27:35	1:46:57	<b>6:13:30</b>		<b>6:13:30</b>	
245	Royd Rage	2M	Nick Hastie (Victoria, BC), Rob Dibden (Victoria, BC)	0:53:06	3:03:04	2:12:01	<b>6:08:11</b>	0:20:00	<b>6:28:11</b>	
237	Dun Dudes 42	2M	Ian Beveridge (Victoria, BC), Mathis Stoeckle (Victoria, BC)	0:57:42	3:22:20	2:08:47	<b>6:28:49</b>		<b>6:28:49</b>	
242	MEC#2	2M	Nigel Brown (Victoria, BC), Corey St.Luke (Victoria, BC)	0:55:30	2:55:28	2:37:55	<b>6:28:53</b>		<b>6:28:53</b>	
235	CityBurb.com	2M	Lenny Nelson (Boise, ID), Alfie La Peter (Eagle, ID)	1:04:00	3:35:27	1:51:15	<b>6:30:42</b>		<b>6:30:42</b>	



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250	The Fallopian Swim Team	2M	Randy Beggs (Duncan, BC), Griffin Halme (Duncan, BC)	0:58:30	3:09:25	2:22:57	<b>6:30:52</b>		<b>6:30:52</b>	
256	Team twofivesix	2M	Casey Jones (Sidney, BC), Brad Cownden (Victoria, BC)	0:58:25	3:45:35	1:52:30	<b>6:36:30</b>		<b>6:36:30</b>	
249	Team Steam	2M	Tyler Knox (West Point, NY), Roman Newell (West Point, NY)	1:14:05	3:04:55	2:33:50	<b>6:52:50</b>		<b>6:52:50</b>	
241	MEC #1	2M	JP Dunlop (Sooke, BC), Dan Tresidder (Victoria, BC)	1:00:10	2:41:52	2:50:06	<b>6:32:08</b>	0:40:00	<b>7:12:08</b>	
244	Old enough to know better	2M	Lang Evans (Vancouver, BC), Dave Small (Victoria, BC)	1:02:26	4:02:24	1:54:22	<b>6:59:12</b>	0:20:00	<b>7:19:12</b>	
243	Mountain Getting the Better of Us	2M	Marc LeBlanc (Vancouver, BC), Derek Oelmann (Victoria, BC)	1:02:53	3:31:57	2:51:27	<b>7:26:17</b>		<b>7:26:17</b>	
254	Will Power	2M	Derrick Georgeson (Nanaimo, BC), Emmanuel Lint (Nanaimo, BC)	0:55:02	3:06:31	2:08:52	<b>6:10:25</b>	1:20:00	<b>7:30:25</b>	
247	Static Charge	2M	Grant Dybdal (Victoria, BC), Jason Mackenzie (Victoria, BC)	1:27:30	4:20:15	1:54:10	<b>7:41:55</b>	0:40:00	<b>8:21:55</b>	
239	Fox and Wolf	2M	Alan Sauvage (Bellevue, WA), Doug Sauvage (Bellevue, WA)	1:10:09	4:28:13	2:25:58	<b>8:04:20</b>	0:40:00	<b>8:44:20</b>	
251	The Zone @ 91.3 - Don't Judge Us	2M	Sheldon Hovde (Victoria, BC), James Sutton (Victoria, BC)	1:11:44	4:16:16	1:58:46	<b>7:26:46</b>	2:00:00	<b>9:26:46</b>	
424	Stick a fork in us....	3C	Adam Geddes (Vancouver, BC), Colin Geddes (victoria, BC), Tyler Thomas (victoria, BC)	1:06:10	2:55:10	1:48:25	<b>5:49:45</b>		<b>5:49:45</b>	Raced Unranked as a team of 3
423	Sans slow, con Fast	4C	Barry Duplantis (Victoria, BC), Robyn Evans (Victoria, BC), Trevor Lang (Victoria, BC), Ron Lang (Abbotsford, BC)	1:06:05	3:06:20	2:16:50	<b>6:29:15</b>	0:25:00	<b>6:54:15</b>	
426	The Yes Maggots	4C	David Garrison (Victoria, BC), Jude Isabella (Victoria, BC), Melissa Ngawa (Victoria, BC), Tobin Stokes (Victoria, BC)	1:11:17	3:54:13	2:00:30	<b>7:06:00</b>		<b>7:06:00</b>	
425	Team Fouever Lost	4C	Tony Dellaviola (Victoria, BC), Janice Heckl (Victoria, BC), Kathy Moore (Victoria, BC), Stuart Moore (Victoria, BC)	1:13:15	4:13:32	1:54:12	<b>7:20:59</b>	0:20:00	<b>7:40:59</b>	
421	Hardman's 4	4C	Paul Hardman (shawnigan lake, BC), gregg wiltshire (salt spring island, BC), Adam Franklin (west vancouver, BC), deborah woodley (west vancouver, BC)	1:05:33	4:45:52	1:36:00	<b>7:27:25</b>	0:20:00	<b>7:47:25</b>	

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422	Ragged Pro	4C	Marlo Roller (Victoria, BC), Leah Clarke (Victoria, BC), Kevin Hall (Victoria, BC), Dawn Moon (Saanichton, BC)	1:11:34	4:28:33	1:42:37	<b>7:22:44</b>	1:20:00	<b>8:42:44</b>	
428	Proud Mountains	4F	Tanya Soroka (Ladysmith, BC), Joanna Lord (Duncan, BC), Maggie Soroka (Campbell River, BC), Sarah Thomas (Campbell River, BC)	1:08:24	4:20:08	2:17:58	<b>7:46:30</b>		<b>7:46:30</b>	
429	Sisterhood of the Travelling Paddles	4F	Denise Jasiencyk (North Vancouver, BC), Wendy Pollock (North Vancouver, BC), Teresa Ross (North Vancouver, BC), Jennifer Stanick (North Vancouver, BC)	1:00:56	4:15:41	1:59:19	<b>7:15:56</b>	0:40:00	<b>7:55:56</b>	
427	Froot Loops	4F	Leah Tennent-Bell (Victoria, BC), Angela Collyer (Ladysmith, BC), Stephanie Carter (Victoria, BC), Sabrina Macleod (Victoria, BC)	1:25:50	6:01:07		<b>DNF</b>		<b>DNF</b>	Lost in the woods
430	Valley Health & Fitness	4M	Jim Brandsma (Cobble Hill, BC), Rob Elias (Shawnigan Lake, BC), Fred Swan (Duncan, BC), Kevin Visscher (Duncan, BC)	1:07:56	3:49:22	2:16:06	<b>7:13:24</b>		<b>7:13:24</b>	